# My Colorectal Surgery Goals

**Before Surgery:**
- Getting ready for surgery

**Day of Surgery:**
- Operating Room then Room

**Post-op Day 1:**
- Hospital Room

**Post-op Day 2:**
- Hospital Room

**Post-op Day 3-4:**
- Hospital room

**Discharge Day:**
- On your way home!

**What tests will be done?**
- Blood draws, EKG, and other tests as needed

**When can the tube come out?**
- Blood draws
- I have discussed with my team that my Foley Catheter will come out on Day__
- IV out

**When can I drink and eat?**
- Drink pre-surgery and Immu-no-nutrition drink provided by the hospital as instructed
- Bowel prep as prescribed by doctor
- Clear liquids up to 4 hours before surgery
- First clear meal
- Regular food 3 times times a day
- Regular food 3 times times a day
- Regular food 3 times a day
- Regular food 3 times a day

**Today I walked __ minutes:**
- Set goals with your healthcare provider
- morning: room: evening:
- morning: room: evening:
- morning: room: evening:
- morning: room: evening:

**My pain is:**
- __ / 10
- __ / 10
- __ / 10
- __ / 10
- __ / 10

**Planning for Home:**
- My ride home?
- My ride home?
- If needed, who will stay with me once discharged?
- Read home care packet and review with family
- Arrange for family and friends at home
- I have everything I need to go home (walker, commode, cane, supplies, etc.)
- No more questions
- Understand my medications

**Road to Recovery:**
- Getting ready by eating healthy, quitting smoking, and drinking less alcohol
- Pain controlled
- Sitting in chair and starting to walk
- Walking 3 times a day and breathing exercises
- Walked a lap around the hospital floor
- Pain controlled, no trouble eating or walking, ready to go!

**Signs you're ready for discharge:**
- You are alert and aware of your surroundings, and your pain is in control!
- Your heart rhythm and rate are controlled and your incision healing
- You are not short of breath, able to take deep breaths
- You have bowel function and looking well without the catheter
- You are walking each day and your incision is healing
ERAS
Enhanced Recovery After Surgery
A proven way to help you get well more quickly after having major surgery

Prepare Your Whole Self
✓ Start as soon as you decide to have surgery
✓ Get fit for surgery: eat healthy, quit smoking, and drink less alcohol
✓ Visit our clinic for needed tests before surgery
✓ Drink the pre-surgery drink we give you before your surgery
✓ Drink clear liquids up to 3 hours before surgery (pre-surgery drink, water, apple juice, black coffee, tea)
✓ Plan with your friends and family about how they can help you at home

Care During Surgery
✓ We will use the smallest incision possible
✓ We will numb the area to reduce your pain
✓ We will only give strong drugs if necessary
✓ We will keep you warm and give you IV fluids as you need

Get Well Faster
✓ You will have fewer tubes after surgery and they will come out early
✓ You will be given mild drugs often for pain
✓ You will drink, eat, and walk as soon as it is safe
✓ You will be taught breathing exercises to keep your lungs healthy
✓ You will be given a step-by-step care guide for when you go home

ERAS is about giving you a better experience in every way:

Highest Patient Comfort
Fastest Healing
Fewest Side Effects